

Harvest of the Month

Yellow Squash



Florida Department of Agriculture and Consumer Services



WHAT WE ARE LEARNING TODAY

Hello! I'm Yasmin
the Yellow Squash!

Together we'll
take a journey and
learn all about
yellow squash
in Florida!

FUN FACTS

- Yellow squash is also known as a summer squash.
- Squash belong to the same family as melons and cucumbers.
- Eat yellow squash with the skin on! It is packed with vitamin C.
- Summer squash is picked by hand.

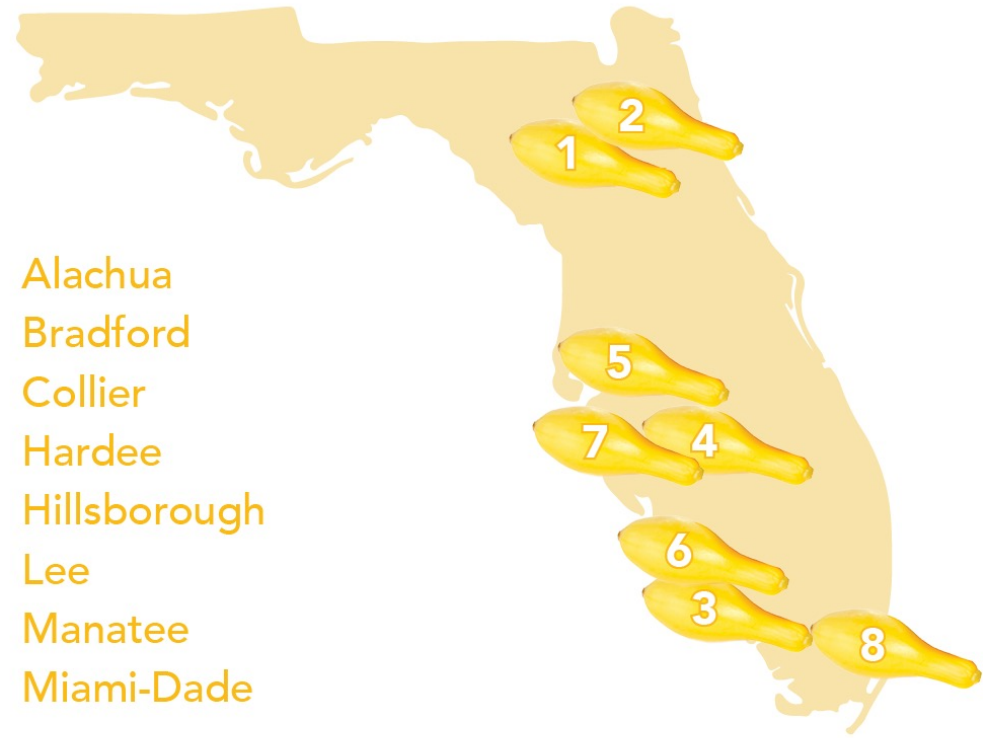


SPOT IT ON THE MAP

Florida is the
second largest
producer of squash
in the nation.
Most of Florida's
yellow squash
production occurs
in the south.

Florida squashes are
primarily grown in the
following counties:

1. Alachua
2. Bradford
3. Collier
4. Hardee
5. Hillsborough
6. Lee
7. Manatee
8. Miami-Dade



HAVE YOU TRIED A FLORIDA YELLOW SQUASH?

Florida yellow squash
are planted in the fall
and spring.

They are available
from September
through July.



Look for this logo to find
Florida-grown satsumas!



MEET A FLORIDA SQUASH FARMER

Lipman Produce • Scott Rush

Grows tomatoes, cucumbers, peppers, eggplant,
potatoes and yellow squash!



[Click here](#) to learn more!

FARMER INTERVIEW

How did you get your start growing yellow squash?

“Yellow squash has always been a part of the crops that Lipman grows. I have been involved in the growing of it for 20 years.”

In what ways was agriculture a part of your life growing up?

“I started coming to the farm when I was 2 years old. My first memories out here are as a child swimming and fishing in the canals here.”



FARMER INTERVIEW

When is the best time of year to eat Florida yellow squash?

““Going into the spring of the year, it is very hard to grow during the winter.”

Any fun squash facts?

““The squash can double in size every day under the right weather.”



TYPES OF SQUASH

- Yellow squash, butternut squash, zucchini, spaghetti squash, acorn squash and pumpkin.
- Can you think of other types of squash?



**Yellow
Squash**



**Butternut
Squash**



Zucchini



**Spaghetti
Squash**



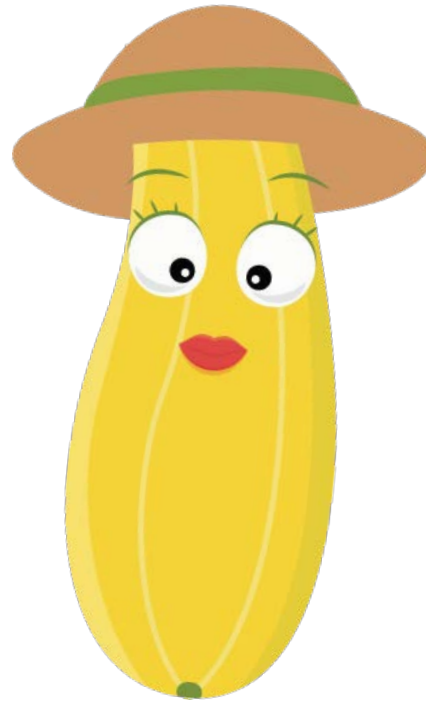
**Acorn
Squash**



Pumpkin



Looks like it's
time to harvest!



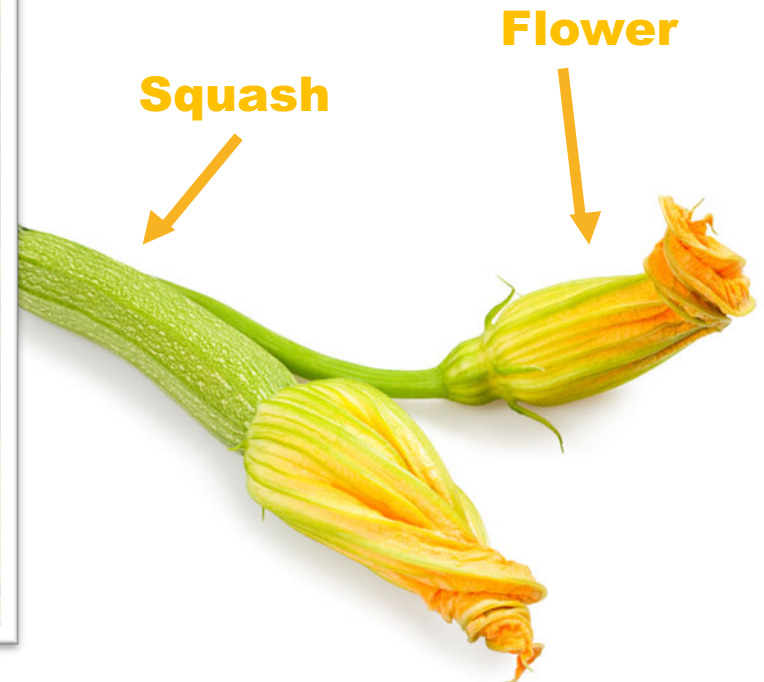
DID YOU KNOW?

- Leaving large squash on the plants will prevent more squash from growing.
- Harvest your squash regularly so the plant keeps producing!

PARTS OF A SQUASH PLANT



Squash flowers
are edible!



BRAIN BREAK

FRESH FIND

- Skin
- Summer
- Yellow
- Seeds
- Ripe
- Squash
- Crook Neck
- Roast



M	M	U	V	H	Z	G	Y	R	C	P	U	J	R	B
O	S	U	T	V	L	E	I	K	E	P	H	C	Q	O
R	K	A	H	H	L	H	E	C	L	Z	X	F	M	Z
E	K	S	R	L	Q	C	H	E	B	S	H	I	O	V
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C	W	N	B	J	X	Z	H	F	S	E	H	X	B	R
Q	E	I	T	O	R	G	Y	W	H	E	O	H	O	X
G	B	M	L	E	N	Y	D	J	U	S	X	F	A	J

K-2 MATH

MATH IN ACTION

Jim and Sally have **five yellow squash seeds** in a paper bag ready for planting.



Jim digs **two holes** and places one **seed in each**. Sally digs one small hole to plant her seed.

How many seeds are left in the bag?

Jack planted ten squash seeds and Jill planted five squash seeds in the school garden. Only five of the seeds sprouted. How many seeds did both Jack and Jill plant? How many seeds did not sprout?

K-2 MATH

MATH IN ACTION

Jack planted **ten squash seeds** and Jill planted **five squash seeds** in the school garden.

Only **five of the seeds** sprouted.

How many seeds did both Jack and Jill plant?

How many seeds did not sprout?



K-2 SOCIAL STUDIES

A FARMER'S CALENDAR

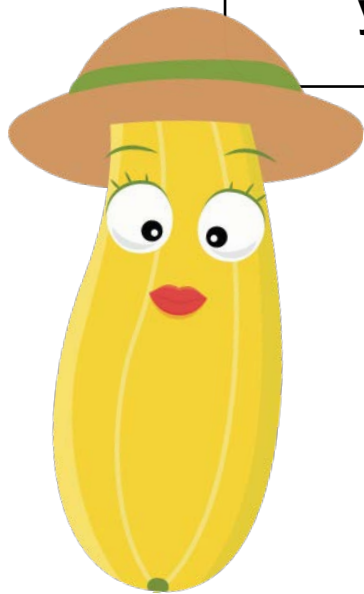
Squash is **PLANTED** in the fall (*August to October*) and spring (*January to April*).

Squash is **HARVESTED** two months after it is planted in the winter and summer months.




K-2 SOCIAL STUDIES

A FARMER'S CALENDAR







Let's learn about the growing season of yellow squash!



 Social Studies
Grades K-2

Name: _____

A Farmer's Calendar

Draw a seed in the seasons squash is planted and a squash in the seasons it is harvested.

Summer 	Fall 
Winter 	Spring 

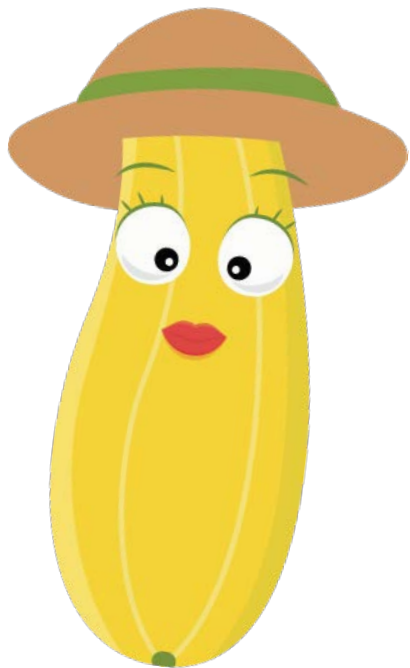
 

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K-2 SCIENCE

GARDEN CREATURES



What are some other creatures that live in a garden?



Robin



Caterpillar



Lizard



Lady Bug



Honey Bee



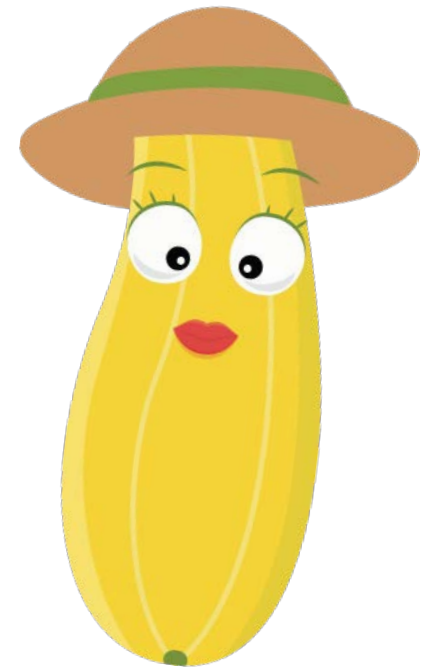
Butterfly

K-2 SCIENCE

LIVING AND NON-LIVING



Find the living and nonliving things in this garden.



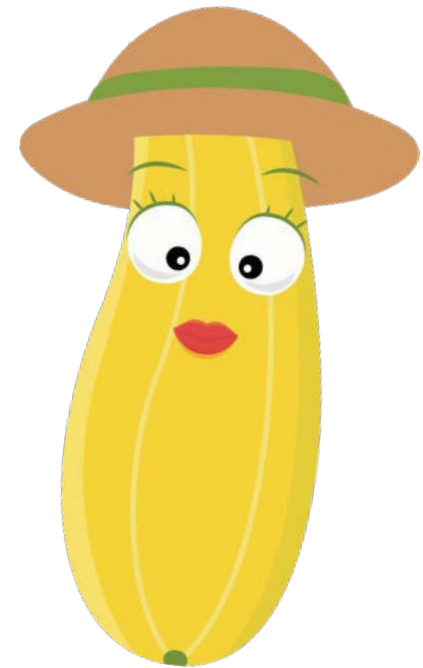
MyPlate
Teaching
Garden

K-2 SCIENCE

LIVING AND NON-LIVING



Find the living and nonliving things in this garden.



Learning Gate
Charter School's
Garden

K-2 LANGUAGE ARTS

FACT OR OPINION

FACTS:

Things that can be proven true.

OPINION:

What someone thinks or feels.



Fact or Opinion:
I am a Yellow Squash!



Name: _____

Squash: Fact or Opinion

Cut out the statements below and group the facts and opinions together.



Squash tastes delicious!

Squash contains vitamin C and fiber.

There are many types of squash.

Squash is grown in South Florida.

Yellow squash tastes better cooked than raw.

Squash plants grow from seeds.



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NUTRITION NUGGET

- Squash is a good source of potassium, which helps to control blood pressure.
- Potassium's primary functions in the body include regulating fluid balance and controlling the electrical activity of the heart and other muscles.



Serving Up Summer Squash

- Squash can be eaten raw, roasted, steamed or baked.
- Add diced squash to soups, stews or casseroles.
- Use slices of yellow squash in a stir-fry.
- Chop and add fresh summer squash to leafy green or grain salads.
- To make stuffed winter squash, cut off the top of the squash, remove the seeds, then stuff with vegetables and cooked grains and meats. Bake until the squash is tender.



**Visit [Fresh From Florida](#)
for more tasty recipes!**

What's a pumpkin's favorite sport?

Squash!

What vegetable likes looking at animals?

A zoo-chini!



How do you fix a cracked pumpkin?

With a pumpkin patch.

ADDITIONAL RESOURCES

[Florida Agriculture in the Classroom](#) has an extensive [Teacher Resource Center](#) full of agriculture and nutrition education lessons and activities.

November is a great month to feast on your favorite fall harvest. Visit [Fresh From Florida](#) for some popular seasonal recipes.

Does your school have a Pre-Kindergarten program? [Grow it, Try it, Like it!](#) is a great resource for early childhood educators. Order your copy from [Team Nutrition](#).

